

Goddess Temple News

Beltane 2019

Donations Welcome



**The Goddess Temple,
2-4 High Street,
Glastonbury, BA6 9DU
www.goddess temple.co.uk**

Beltane is the celebration and honouring of life. Marked on the date of May 1st, it is often a bank holiday, originating from our distant past and ancient traditions, which include dancing around the Maypole and jumping the Beltane fires.

Representing the peak of spring and the beginning of the Summer, mother earth's energies are at their most powerful, with all of life bursting with potent fertility.

It is at this point in the seasonal wheel of the Year, that potentiality becomes conception. The 30th April is Beltane Eve, when the sexuality of life and the earth is at its peak, abundant fertility on all levels is the central theme.

The Goddess Rhiannon is from the Welsh *Mabinogion* and one of the reclaimed Celtic Goddesses in the Goddess Temple Wheel of the year. In the legends she gallops across the inner worlds on her white horse, riding across the uncharted landscapes of the seasons dimensions, naked and unbridled, she reaches her fullness and is at her most sensual.

Rhiannon is a Sovereignty Goddess, whom the king must wed to legitimise

his rule, deeply symbolic of the union of the masculine and feminine in nature's purest form, the power of the Feminine is paramount.

A Goddess of Transformation, Rhiannon uses her powers for love of others and of self. She shines in our hearts as an example of true love and beauty, her physical expressions are timeless, and cross cultural divides. In other spiritual cultures she is Venus, Aphrodite, Inanna, Hathor and Astarte. Her energies are explored in sacred sexual practices of tantra, art, music and poetry. The sensual power of nature that is the Goddess is all encompassing and demands surrender of the soul into ecstasy and bliss.

As soul's consciousness within an earthly body, we are completely tuned to nature's energies, and it is noticeable that many people couple up and fall in love at this time of the year. The quickening of the heart fire in the land is easily transmuted into the human soul, and along with all aspects of nature, from blossoming trees to the rest of the animal kingdom, we respond to the sexual frequencies of nature, the kundalini, awakening of the Goddess and the God, the Feminine and the Masculine, marriage of the spiritual and physical realms, known as Alchemy or the Great Secret.

As Beltane is the Great Wedding of the Goddess and the God, the May Queen

and King, it is a popular time for Pagan Weddings or Handfastings. Here in the Glastonbury Goddess Temple we hold the sacred energies of the Goddess Rhiannon and dress the Temple in vibrant reds and greens. We are blessed each year at this time to conduct legal Sacred Marriages in the traditions of a Handfasting and to hold the rituals of the Sacred Anointing Ceremony.

The evening before the wedding we prepare the Bride in the Temple as Priestess to receive her Beloved and anoint him as her Consort in sacred ceremony, along with the couple's incense blending, where the two beloveds ceremonially create their handfasting incense. It is all about the intention and infusing sacred energies mindfully, into all that you do as a couple to be wedded in the ways of your ancestors.

Potentiality and conception of an ideal, that which is intended to unfold into the physical realm is true alchemy. What better place to explore this than in a place that is known as the heart chakra of the Earth; a land that has always been regarded as Sacred since ancient times. This Isle of Avalon.

*If you would like to know more about our Weddings please get in touch with Dawn Kinsella via our Website:
www.goddess templeweddings.co.uk/*

Meet the Sun Lover Goddess as Beloved

At this time of Beltane, the Goddess of Love in all Her forms is celebrated. The land blossoms and sings in the longest daylight quarter of the year. On the Avalonian wheel, we celebrate Rhiannon, who invites us to ride on Her white mare into the mysteries of Love, for which She is our way-shower. What would it take to follow Her as Her Beloved? Where would She lead us all?

Out in the sacred landscape, the Sun Goddess beckons with Her radiant power to come dance, to be loved by Her. Come, She calls us: "beloved, be free, feel more alive, let go of isolation and entrenchment. Come and connect to others in celebration of life. Leap the fire of My blessings here on earth and be who you are in all your shining."

Soon it will be time to come together from far and wide for the highlight of our year: the annual **Goddess Conference in Glastonbury!**

The Goddess Conference celebrates a different aspect of Goddess each year and is a six-day journey into the mystery of the Divine Feminine as experienced in all of Nature and the shifting seasons of our lives.

In 2019, we celebrate the **Sun Lover Goddess**. Together we will honour and adore Her in the Temple of the Sun Goddess in Avalon. She is the One and the Many as Solar Lover Goddess of the ten directions that spin the great wheel through time and space, above, below and within: as Her glowing Globe.

She is known by many names amongst the people of this world, who have told of Her loving light in Her wisdom mythologies that brings illumination of the shadow asking to be loved into wholeness.

But Sun Lover Goddess is so much bigger than these names we have given Her. She is bigger than Love on a human scale and yet, She manifests in our capacity to love as Her light that shines out into the world.

Within the radiant fire of Her love we are remade, renewed, and reborn into our true nature as solar beings. The alchemic process of the mystical love of the Sun Lover Goddess motivates the fire of our passion, the heat of our sacred sexuality, the light of our loving hearts, and our spirit flames which shine between worlds and throughout time; all are Her Beloved presence within us. She connects us every day, warms us every night, and kindles our path of love as Her beloved.

Come and experience Her radiant Love, Her presence shining in our hearts, in our joy, our passionate lust for life. At all time and in



the Goddess CONFERENCE Sun Lover

Tuesday 30th July – Sunday 4th August 2019
with Fringe Events from Saturday 27th July
GLASTONBURY UK

Come join us in this amazing international exuberance of Goddess Spirituality, deeply grounded in our ancestral lands and wisdom ways.

Come and find Her as universally loved and adored Sun Goddess in Her Solar Temple, here in Avalon.



www.goddessconference.com

Third Power Online © Mary Franchini
www.thirdpoweronline.com

all ways, we are Beloved to Her, and She empowers our lives, She delights in our love, She ignites our passion, freedom, courage and joy, so we may be who we truly are.

We look forward to sharing this journey of exploration with the Sun Lover Goddess and to welcome you in Glastonbury this summer. The Sun Lover Goddess Conference is held from 30th July to 4th August 2019, with Fringe events from the 27th July. All program information and ticket details on www.goddessconference.com

*Katinka Soetens,
Priestess of Rhiannon, Priestess of Avalon
Goddess Conference co-organiser
www.herpathoflove.com*



Hawthorn Heart

The May tree or Hawthorn is a sacred native tree and can be used for making runes. It is known as a marker to the entrance of the Otherworld in Gaelic traditions being used to decorate the Maypole at Beltane. The fairy thorn is considered unlucky to cut down, hence the fate of the De Lorian motor company. It is however, a good luck and fertility charm used to crown the Queen of the May.

The wood is renowned as being the hottest to burn and polishes well. It is believed to have formed the crown of thorns of Jesus.

The distinctive scent of the flowers has been likened to that of decay, sex and to the plague, some think it unlucky to bring into the house.

As the hawthorn flower is fertilised and closes it becomes slightly pinker, thus the progress of pollination and Spring can be tracked along the hedgerows and riverbanks as the May tree blushes.

The Glastonbury Holy Thorn is honoured by communities worldwide. Legend tells the original was the staff of Joseph of Arimathea. It is the Mediterranean species *Crataegus monogyna* "biflora" and flowers twice a year. Traditionally a flowering sprig is cut for the Queen's Christmas table.

The deciduous tree is a member of the rose family and can reach 15 metres in height. It has rose like five petaled white to pink flowers with a distinctive scent in Spring, thorns, lobed leaves and flaky brown bark. The red haws are not true fruit, but like apples are pomes, an accessory fruit. Due to complex hybridisation there are 280 species in North America, Europe and Northern Asia alone.

In Europe, one seed hawthorn, *C.monogyna* and midland hawthorn, *C. laevigata* fruits and flowering shoots are used medicinally.

The flowering tops have been extensively tested in clinical trials for heart conditions. Hawthorn extracts stimulate blood circulation, improving flow to the coronary arteries and are useful in angina, arrhythmias and mild congestive heart failure. The herbs capacity for relaxing and dilating the arteries is also beneficial in helping to restore blood pressure. By increasing blood flow to the head it enhances poor memory. These properties are also indicated for use in menopausal anxiety and vaso-spastic conditions eg. Buerger's disease.

The herb is classified as a cardiac trophorestorative and collagen stabilizer. It should be avoided in low blood pressure or with angiotensin converting enzyme inhibitors with which it shares the same mode of action.

Medical research is ongoing into this complex herb. Meta-analysis indicates "significant benefit" of the herbs incorporation in the treatment of chronic heart conditions, and it has been found to have "a unique activity profile when compared to conventional cardiac drugs".

Editorial

Welcome to the Beltane edition of the Goddess Temple News. I think of this as the blossoming time when so many trees are bearing blossoms and the flowers will soon be out as well. It is also a time for us to blossom as our ideas start to bear fruit and the extra sunshine gives us more energy to complete projects and do the things that bring us joy. Whatever you are doing this Beltane, I wish you happiness.

Janet Parfitt

Priestess of the Goddess and Priestess of Cerridwen



Recent advances in separation techniques are beginning to elucidate the complex polyphenol content in extracts of *C. laevigata* and their associated modes of action.

So science is only beginning to catch up with the worldwide traditional use of our sacred fairy tree of Beltane as medicine for the heart.

Mary Bruce is a Medical Herbalist and award-winning member of the National Institute of Medical Herbalists. She offers private consultations from her clinic and dispensary five minutes walk from Glastonbury town centre.

Mary shares her love of herbs via talks, tincture days and weekend courses. Please visit www.avalonherbalmedicine.com to find out more.



Goddess Temple Gifts



Jewellery Sculpture
Books CD's
Ceramics Incense
Cards Prints
Unique Art Banners

Gorgeous clothes
and so much more....

for all things Goddess

2-4 High Street, Glastonbury

www.goddesstemplegifts.co.uk

Priestess of Rhiannon
Training
with
Katinka Soetens
The Magdalene Mystery School



Come and explore your relationship to the Goddess of Love, Rhiannon.

Deepen your self love, empowerment and sacred sexuality.

Walk the path of a Priestess of Love. Starting October 2019



www.herpathoflove.com
www.magdalenmysteryschool.com

Hear Ostarra

"I am Love-in-Action:

Feel my presence, for I am the Green Goddess of Spring's Fire, and I am alive within your being.

I am Impulse of Desire, Heart's Delight, PathFinder and Destination.

I combine the flames of opposite vision and unite the merging edge of unbecoming and becoming.

I carry courage into the darkest places, illuminating fear, I shine hope into the heart that dares to open to my touch.

My fire ignites all of nature to blossom into green life force renewing.

I am Goddess of initiative and innovation, I spark the creation of all invention.

I bring passion's fire alight in the soul of human beings, soft smile rising like Phoenix from the ashes of disappointment, failure and loss.

Let me be your flame that kindles love into action,

Let me be the sweet web of interconnectivity holding your unique light shining,

Let my bright flame guide you as you explore your authentic gift in service to all beings,

Let me be the greening of life calling forth the new future rising, singing, flying, manifesting in and through your thoughts and actions."

Words by Katinka Soetens

www.herpathoflove.com • www.magdalenmysteryschool.com



Freya, Magic and Red Power: an interview with Zindra Andersson.

Me: So tell me about Freya?

Zindra: Well first of all Freya is not really a lover Goddess. There is nothing in the Sagas about Her as a lover Goddess, not in the sweet lovey-dovey way that people tend to think of a Goddess of love. She is a Goddess of sexuality that takes her pleasure where she chooses and She loves poetry. She is said to be closest to the humans which to me means she's always there for us. Her name means Mistress or our Lady. She is a Goddess with many different names, all indicating aspects of Her.

Me: So where does She come from?

Zindra: She is the great Goddess of the Vanir which I think are the Goddesses and Gods of an Agriculture people. Then we have the Aesir which are the Gods and Goddesses of a probably conquering tribe of warriors. There is not much in our Saga about the Vanir it's more about the Aesir which indicates they came later and they are more patriarchal. It is told about a great war. The Vanir and the Aesir fought for a long time with neither side being able to win so eventually to settle things they agreed to an exchange of hostages and Freya, and her brother Frey, came to live with the Aesir. That is how we know so much about her.

Me: What does She represent?

Zindra: Magic, power, sexuality, independence and ecstasy. She is a shapeshifter, a mistress of magic and a vessel for the Seidr, Her Red power. She's also a Goddess of War. As I said before she has many names, one of them is Val Freya. Val means to choose and she chose half of the fallen warriors from the battlefields. She is the one who chooses first the rest go to Odin.

Me: And I heard that She had a necklace?

Zindra: Yes, the famous Brisingamen, which means the fire jewellery. Some legends say that the God Heimdall found the necklace at the bottom of the sea and gave it to Her. And some legends recount how Loki is supposed to have stolen Her necklace and hidden it behind a stone where the sun sets. Another name for Freya is Mengloth; Men means jewellery and gloth means happiness but also glowing so it can translate as someone who is made happy by jewellery or someone whose jewellery glows. It is also said in the Sagas that when Freya cries, she cries tears of gold. These things seem to me to show that She is actually a Goddess of the Sun. She has a chariot that is drawn by cats, probably lynxes for this fur is traditionally worn by Her priestesses who are known as Volva.

Me: And is She Odin's wife?

Zindra: No, Frigga is the wife of Odin. Freya has her own hall called Sessrumnir. She's said to be married to Odr which means the Seeker. There are some sagas describing the Seekers way to Goddess. Odin is very interested in magic and he wants Freya to teach him Seidr. That is one of the reasons that She was chosen as a hostage, because he wanted to learn this art. Seidr is a special way to journey to the Otherworld and it is sometimes used for healing but mainly for foretelling.

Me: The traditional view of the Vikings is of a very male

dominated society. Is that how it really was?

Zindra: Not really. I think it comes from patriarchal interpretations of the Sagas and the focus on Viking warriors. Today when talking about the Viking age it's always the Aesir Gods who are mentioned. The society was more equal in the Viking age then it is today. There were great female warriors, the Shield Maidens, and the women were the key holders, the ones who ruled the farms. The women were strong and independent. By learning about Freya and the many powerful Giant goddesses we can understand it better. The old religion is coming back in Sweden but it is still very male dominated at the moment. But it will change.

Me: I have no doubts about that! And do you miss living in Sweden?

Zindra: At the moment, no. I sometimes miss the strong power of the Swedish nature and winter where it is really cold and the wind is freezing. Winters here are very mild in comparison.

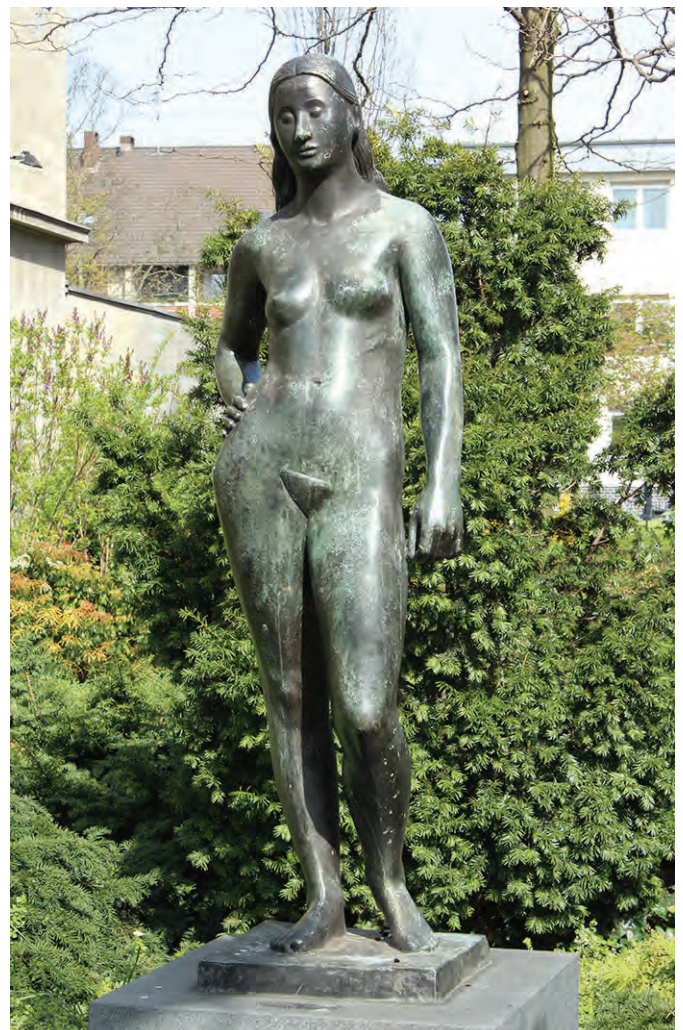
Me: And has your life here in Glastonbury turned out as you expected?

Zindra: Not at all! (Laughs) I thought I would come over and I hoped to work as a healer. I had no intention of being a teacher but She and the lady of Avalon called and I answered. And now my wish is to teach other women how to stand in their power with help from The Norse Goddesses.

Me: Thank you Zindra.

Zindra: You're welcome.

Janet Parfitt, Priestess of Avalon, Priestess of Cerridwen



Statue of Freya, Innenstadt Duisburg, Deutschland

SHE-EAR

Sacred Holding for Emotional Expression and Release

Helping to heal the Emotional Body of our Community

In October 2018, in response to a felt need for somewhere to process uncomfortable emotions arising within our priest/ess community in Glastonbury, a group of five priestesses created the Goddess Community group She-Ear, an acronym for Sacred Holding for Emotional Expression and Release.

This group has been meeting approximately once a month and performing a Sacred Fire Release Ceremony together with people from the larger community. It has been a very nourishing experience for all who have been involved. It is a simple concept used already in many traditions, but here made available in a very unfussy and simple way. You just come, call in Goddess in all the directions, especially the Goddess of Fire. When your turn comes, you sit with Her fire and feel and express your emotions while being witnessed, supported and encouraged by the rest of the group.

It is a spontaneous experience; you can do as you wish with your time in front of the fire, move, shake, dance, drum, sing, or be totally silent if you would rather. She is the Fire Goddess and consumes and transforms all that you name and offer to Her flames. In this way of working, you are encouraged not to get into psychological complications or stories, or to particularly name anyone who you are feeling stuff about, but you can be as vocal and abusive and angry or upset as you feel, and give it to the Fire Goddess, to those hot transformative flames. The most important aim of this ceremony is to be held while you move what is in your body. The stuff in your mind and heart seems to move more easily then because you just feel so much better after a bit of banging about and making some of your own authentic sound. Those who joined us in our Fire Ceremonies all said they had an amazing experience, felt a lot clearer afterwards, and would really like to come back and do it again.

Fire Release Ceremonies are not always the entire solution to emotional healing. Sometimes it is really necessary to process emotional pain and confusion by talking it through with a counsellor or a wise being we trust in our life. It is always a good idea to take our distress 'aside' and not 'run' it on one another in the course of our day. It is probably one of the most important building blocks in the creation of 'emotional safety' within our community that we all try very hard to become emotionally responsible and 'hygienic' in every possible way, which means catching those little habits of saying things about each other that aren't really true, and that are in fact feelings we have within ourselves that we are 'displacing' onto others. And also, it means being brave and asking to meet with any person or persons we have difficult feelings about as soon as possible, if necessary together with someone experienced in holding a 'safe space' in case emotions need to be expressed strongly. Emotions are there for a reason and we can all learn from each other if we are brave enough and humble enough to really care about, listen to, and understand each other's feelings.

This testimony is from Elsa Field who came to one of our Fire Release Ceremonies:

"The She-Ear fire ceremony I attended was such a transformational and alchemical experience. I emerged from the ceremony feeling as though I had allowed myself to set free those places that needed to be released, I felt cleansed, charged and rejuvenated. I also found it as transformational to offer to the fire as it was to witness others surrendering. The process of offering to the fire, through sound and movement, while

being held within such an amazing circle of sisters, allowed me to delve deep into the root causes of what I wanted to let go, unlocking new areas of myself I hadn't been able to reach before. Truly such important and powerful work, I recommend this to everyone in the Goddess community and beyond."

The priestesses forming the She-Ear Fire Release Ceremony group are: Sally Pullinger, Bee Brietha Helygen, Anna-Saqqara Price, Estelle Davenport and Marion Van Eupen.

If you are interested in coming to a Fire Ceremony, please contact:-

Bee Brietha Helygen: text 07906 098 284

Anna-Saqqara: annasaqqara@gmail.com ;

Facebook messenger - Anna Saqqara Price; or text 07877 247 105

Estelle Davenport: davenportestelle@mac.com ;

or text 07968 560 666

May the Fire Goddess bless us all with her Transformative powers!

With Love and Blessings

Sally Pullinger, Priestess of Avalon, Priestess of Isis/Isa Isa.

On behalf of the She-Ear Fire Ceremony Group

Glastonbury Goddess Temple

Beltane Alchemy

We hold each other like hot coals
finger tips blistering,
explorers of love
ignited and igniting.

Riding like Rhiannon
we persevere in the burning,
passion never felt so fierce
it's heat so intense.

Descending into depth of black
softening into white liquid
grounding and thickening
differentiating and unifying.

We greet the rising of the solar dawn
we meet the red hot Phoenix
we are gold, elixir and stone
melting and merging as One.

Simultaneously the end
and the beginning,
changer, changed
and changing
ceaseless yet transforming
in our alchemical lover's delight.

Lynne Sedgmore



Supporting the Goddess Temple

For almost two decades the Goddess Temple has stood in the centre of Glastonbury, a sign of Goddess Energy returning into the world. Many people have supported the temple out of love and care for Goddess, giving their time, their energy and money, to help keep this sacred space open, each and every day, 365 days a year. The space for Goddess gives hope to so many seekers, joy and rest to an abundance of pilgrims who have come to see and feel Her presence in their life. Often the temple is the first contact for many who come thinking it is just another shop, and stay because of the peace and beauty of the temple. The temple needs you to help provide this for them.

Becoming a Temple Melissa: giving a few hours each month, to hold space and take care of the visitors, is one of the most exciting and joyful moments in my life. We are the guardians of the temple, we serve the gateway to Her healing and love. If you would like to experience this joy, come and join us in service to the temple. Do you have two hours or more a month to hold the temple space? Would you like to be one of the caretakers of this unique place in the world? Become someone who makes a difference, sending Her light into the world.

Help the temple thrive: if time is not in your power to gift, then perhaps you would consider becoming a **Temple Madron?**

The temple raises a good deal of money by donation each year from people who visit it and give in gratitude for this devotional space. Alas, monthly costs are rising and what is needed are regular monthly donations to keep the temple open. Any amount you can give will help us to continue opening this beautiful place for Goddess here in the heart of Avalon. Becoming a member of our community as a Temple Madron comes with its own gifts, including a copy of our monthly newsletter, keeping you up-to-date with the fantastic events we offer, plus an invitation to our incomparable Madron day, where members of the temple delight with interesting, entertaining and fun presentations. Friends and Melissa events are also available to you. There is so much joy to be had from meeting our community and celebrating with us the Return of the Goddess in the world. Help us keep the healing of Goddess available to all who travel to Avalon in search of Her.

To become a Temple supporter, visit <https://goddess temple.co.uk/how-you-can-help/> and please let us know by email your address for the newsletters. Blessed Be.

Forging a relationship with Brighde-Brigantia

Each year I bring my forging paraphernalia to Goddess House for a workshop with the second year Brighde-Brigantia students. Always a busy, yet satisfying day. We set up a safe space and then work with a 2000°C fire to transform pieces of steel. By the end of the session everyone has someone they've made themselves that can be placed on their altars. When I encounter the students in the future we soon start reminiscing about our powerful day as we faced Bridget's fire together.

*Matthew Holbrook
Priest of Avalon and Brighde-Brigantia*



Priestess & Priest of Cerridwen

Wisdom Keeper - Healer - Seer

Cerridwen - Celtic All Mother - Dark Mother for those in Need. Goddess of Healing, Transformation, Death, Rebirth, Transmutation, and Divination. Call Her into your life through the myth, the mystery, the magic and alchemy. Follow your heart and find yourself.

She will show you your soul's purpose. She will help you heal, grow, develop and shine. Your soul will be Illuminated by Her. Let me take you on the journey from the shores of Avalon to the shores of Her lake in Bala. You will find your connection with Her and then use it to be of service to others in their time of need. Help them with Sacred Listening, Rites of Passage, Celebrations and beautifully crafted spiritual Ceremonies using all your Priest-essing skills.



Course Creatrix:
Bee Helygen
Priestess of
Avalon and
Cerridwen.



The barge
awaits you - join us in November
for the Magic to begin, becoming
Her Cauldron Born!

goddess temple teachings.co.uk
or email bee@cerridwen.co.uk
for more information
07906 098284



Her Love in Action